

Elk Point REVIEW

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Tuesday, February 16, 2010

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PM40069240 R10645

County cash
For centre's kitchen

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New signage

To enhance Forts
visitors' experience

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Games begin at
Heritage Lodge
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Walking in a wintry wonderland



Vicki Brooker photo

Feb. 10 was declared National Winter Walk day by SHAPE (Safe Healthy Active People Everywhere), and the students and staff of Elk Point Elementary invited parents, friends and community members to help them kick off their five-day Family Day long weekend break by joining them for their one-km walk, which took them down 51 Street to 50 Ave. and then back to the school via 50 Street. The total number of minutes walked by the group was submitted to SHAPE at the end of the day, to be added in to the provincial total. The frost-shrouded trees made a bright and beautiful setting for their annual midwinter excursion.

Council gives input on policing goals

By Vicki Brooker
Review Staff

Elk Point RCMP Sgt. Brad Lazicki and Cpl. Kevin McGillivray met with Elk Point Town Council at last Monday's meeting to garner council's input for the detachment's annual performance plan. That document sets out the detachment's policing goals for the coming year.

Council praised the detachment's increased visibility in the community, especially in the school area as this cuts down on the incidence of speeding. Councillors were pleased to hear that the very worthwhile DARE Program at Elk Point Elementary School will be continued this year.

Coun. Dick Millar reported that finding volunteers has been difficult, but almost enough have been lined up to get the Citizens on Patrol or COPS program up and running again, to serve as extra eyes and ears for the police as a deterrent to crimes such as vandalism.

No problems have been reported recently regarding users of the Iron Horse Trail, but Lazicki said he hopes to have his members out on the trail with snowmobiles on the long weekend to promote safety and ensure that regulations are being followed.

Bylaw enforcement is one area with which council felt they could use some help. Mayor Parrish Tung also expressed council's concern with young people roaming the streets and skateboarding in areas that could prove danger-

ous to both themselves and others. Sgt. Lazicki felt a skateboarding safety presentation in the schools could be a good way to go about minimizing these risks.

Along with the sergeant and corporal, the detachment has five constables, plus one constable each in an enhanced position in Frog Lake and Fishing Lake communities. A female constable is scheduled to join the detachment in the very near future, and another male constable will be arriving in March to further increase the effectiveness of the detachment.

South sign tops project list

Economic development coordinator Bob Bezpalko put his list of proposed projects for the coming year back on council's table. Mayor Tung felt that a sign similar to the new town sign near the Peter Fidler statue, to be located at the south entrance to the community, was the top priority.

Bezpalko also pointed out that the wooden frames surrounding the panels of Elk Point's 100-foot-long historical mural are beginning to deteriorate, and should be repainted each year "if they are to serve for a while." He noted that the low fencing in front of the mural and the adjacent wooden benches are beginning to rot and that weed and vegetation control in that area is also an issue.

Creation of a new directional sign promoting the Eco Centre, to be placed in the still-good-condition frame near the power station, and a business park sign for the north end

of town were also on Bezpalko's list, as were further developments at the river park campsite, a project that succeeded "beyond everyone's expectations."

50th Avenue upgrade

The year's biggest project will likely be the upgrade of 50 Ave, and town manager Myron Goyan was asked to request proposals for the project in time for the next council meeting, so the project will be ready to go to tender within a few weeks.

Sign bylaw enforcement

The third reading was given to Elk Point's new signage bylaw in November, but Coun. Dick Millar says there are signs still in place that contravene the bylaw. "We have to convey these regulations to the businesses. There are two signs out there that something has to be done about." He suggested the owners of those signs be given one month to remove the illegal signage.

Sea can exemptions

Sea cans floated back onto council's agenda, as council discussed the possibility of allowing the three containers that were in place prior to the passage of the bylaw to remain where they are. A recorded vote saw Mayor Tung and Couns. Bernice Capjack and Dwayne Yaremkevich vote in favour of exempting the pre-existing containers, while Couns. Millar and Mark Gormley voted against the decision.

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County dishes out \$25,000 for kitchen

Arts and Leisure Centre planning to enhance facility to increase usability

By JANANI WHITFIELD
Review Contributor

After some debate about providing more financial support for the Elk Point Regional Allied Arts society's arts and leisure centre, County of St. Paul council decided to support the society with \$25,000 to help construct a kitchen for the facility.

Don Conrad, with Elk Point Regional Allied Arts,

approached council at its Feb. 9 meeting to thank councillors for their past support of the arts and leisure centre. However, the success of the project has created a predicament. With 37 bookings to date, and 15 of those bookings for weddings, there is a need for food services in the facility, he said.

"We're in the position now of possibly looking at putting in a kitchen," said Conrad.

The Town of Elk Point has agreed to give the society \$25,000 to construct the kitchen, said Conrad, and the society was hoping county council would agree to match those funds.

After some questions of Conrad, council discussed the granting of more money for the project. Coun. Maxine Fodness asked how much the county had donated to the project to date, taking into account a feasibility

study, sprinklers, and \$30,000 for the installation of a bar.

Although no exact dollar figure was available, councillors noted "lots" of money had been granted. However, Coun. Glen Ockerman was vocal in his support of the centre. "The facility is off the ground, it's working. You have to support them."

"They've got a good project," acknowledged Fodness. But people supporting other community halls raise money for the facilities themselves, she said.

"We've contributed lots of money to this," Reeve Robert Bouchard agreed, but added that other halls get support from the County of St. Paul too.

A motion to approve the \$25,000 grant was carried, with only Fodness voting against the motion.

Annual general meeting axed

Although the County of St. Paul has held an annual general meeting in past years, councillors questioned whether the tradition should continue. Considering that county staff must attend the meetings, which typically have poor attendance, the meetings seem to be a "waste of resources," said Coun. Cliff Martin. "There's got to be a more efficient way to use our resources."

Fodness believed that if the AGM was to be held in the evening, people who work in the day would be able to attend and more people would come. "That's citizen engagement," she said.

Ockerman said that in an electronic age, where information can be posted online, there was no reason to hold such a meeting. He suggested discontinuing the AGM, but said if there was

an outcry, "we can reinstitute it in 2011."

Ockerman's motion was carried, with only Fodness voting against it.

Dealing with crime in the county

The local RCMP is keen to start a community advisory committee, similar to that which was set up in Elk Point, in St. Paul, Staff Sgt. Darryl Eagles said in a presentation to county council. "This will be a cross-section of the community," he said, adding this will allow the RCMP to maintain a good working relationship and dialogue with the community. Council agreed the idea sounded good.

Eagles also took the opportunity to talk to council about the RCMP's annual performance plan. The plan is intended to address key objectives, with this year's plan tackling youth, traffic and senior issues, according to Eagles. The detachment will also be sending members out in quads and snowmobiles on the Iron Horse Trail and other high-traffic areas,

beefing up the police presence where these types of motorized vehicles are used.

Bouchard said drugs and drug dealing were still an issue in the county, and asked if that would be addressed in the plan. Eagles said tackling illegal drugs has been and will continue to be a focus for the local detachment, with members receiving special training to handle such issues in the future.

Fishing program can take a hike

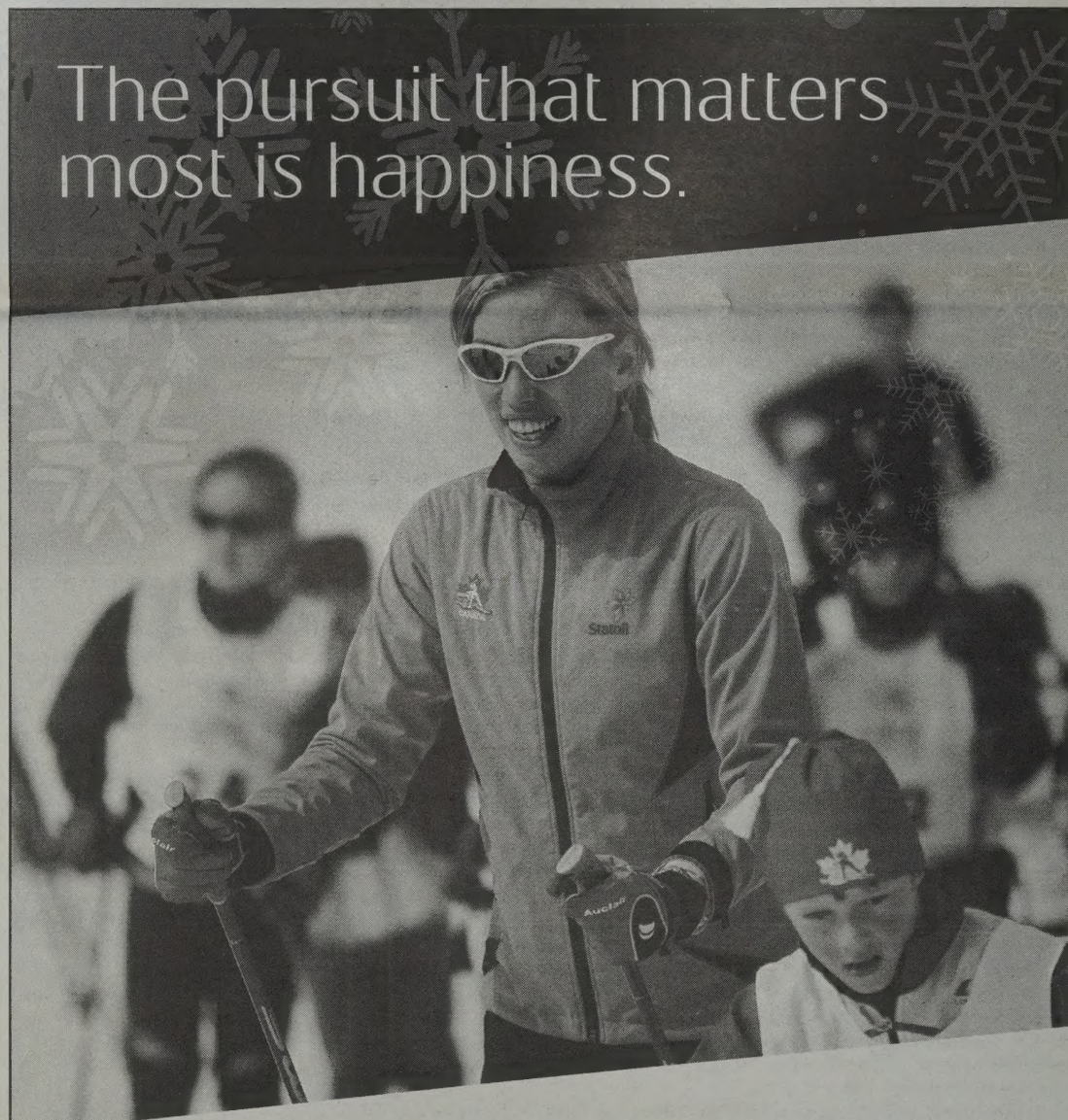
A television program highlighting fishing, called the Dimestore Fishermen, had approached the Town of St. Paul to see if it would be interested in bringing the program to the area.

Since the total cost of hosting the program would be about \$12,000, the Town of St. Paul had asked county council if it would cost-share in the venture.

"This isn't even going to happen in our own county. They'll choose a lake wherever but not here," said Fodness.

(Continued on Page 5)

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Drug, weapon charges laid

By Cst. JOHN SPAANS
Elk Point RCMP

On Feb. 4 and 5, Elk Point RCMP executed search warrants on a property 20 km north of the Frog Lake First Nations.

Members initially searched the residence on Feb. 4 for firearms after receiving information that the homeowner was in possession of firearms while prohibited from doing so. During the search, members came across evidence that suggested the homeowner was dealing controlled substances.

A second search warrant was applied for and executed during the evening of Feb. 5. As a result of the search, approximately \$12,000 worth of crack cocaine, crystal methamphetamine, cannabis marihuana and ecstasy were located. Members also seized firearms, ammunition and home made spiked weapons. Approximately \$1,600 in cash was seized.

The searches were conducted with the assistance of the Cold Lake, St. Paul, Kitscoty, Vermilion and Lloydminster RCMP Detachments as well as Alberta Fish and Wildlife.

The accused is identified as Ivor Franz of Bonnyville, AB. The 63-year-old male faces 12 charges, including possession of controlled substances for the purpose of trafficking, unlawful possession of firearms, and possession of property obtained by crime. Franz will appear in Cold Lake Provincial Court to speak to these charges.

Assault

On Feb. 7 at 2:30 a.m., Elk Point RCMP were called to Slinger's Pub after a female assaulted three people. Members arrived at the bar and found the suspect female sitting outside. Investigation found that the suspect female engaged in an argument with a male inside the bar. The suspect hit the male across the face with a beer bottle before punching two females in the face. When the female was brought to the Elk Point Detachment cells, she tried to punch an officer before spitting on them. The 22-year-old Elk Point female now faces charges including assault with a weapon, assaulting a police officer and possession of a controlled substance. Alcohol was a factor in the occurrence. None of the victims suffered serious injuries.

Threats

On Feb. 6, RCMP were dispatched to a complaint in Frog Lake involving threats being uttered. While at a residence, two males began to argue. During the argument, the accused threatened to kill the victim. The accused then put the victim in a headlock. A witness intervened and separated the two. A 44-year-old Frog Lake male has been charged with assault and uttering threats. Alcohol was involved in this occurrence.

New signage will enhance visitors' experience at FGBH historic site

By VICKI BROOKER
Review Staff

New interpretive signage for already in the plans for Fort George and Buckingham House Provincial Historic Site did survive the provincial budget cuts to the Culture and Community Spirit department, facility supervisor Marianne Mack told the Friends of the Forts at their first meeting of 2010 last week.

Designs for the new panels were passed around, all featuring a fresh new look, but still in keeping with the 218-year history of the site. Mack said a number of the panels will be relocated to serve the viewing public better, including moving the river transportation panel from a point which out of sight of the river to a spot on the Fort George site that overlooks the river, and realigning and enlarging the panel at the top of the hill near the site's entrance to make it more readable for visitors driving into the site.

A new panel honouring fort builder Peter Fidler will be added along the trail just before the Buckingham House site. Another addition will be smaller panels that replace the numbered posts along the trail to the forts, which matched

up with information in a guide pamphlet, which will no longer be needed to learn the stories and significance of those locations.

"They are moving on this, and it's wonderfully exciting," Mack said.

The new signage will replace current counterparts that have been in place since the site opened in 1992, and which are showing their age, some with rotting posts that could be a safety concern.

The budget cuts have not left the site unscathed, and at this point, Mack and program coordinator Ross Stromberg are waiting for confirmation of the Summer Temporary Employment Program (STEP) that will determine staff numbers and wages.

Progress is being made on the publication of the site's narrative history, and the department is in talks with a potential publisher for the volume, which could prove popular to history buffs everywhere, as well as to site visitors.

Plans are well underway for summer events, with Stromberg noting that he now has a mystery story in place for the upcoming geocaching event.

The organizational meeting has been held for the May 29 Riverland Adventure Challenge, and two major sponsors for that event, the Town of Elk Point and the County of St. Paul, have already come on board. The town's economic development coordinator Bob Bezpalko attended the meeting and said he is "looking for ways to make the starting area at the river campsite more spectator-friendly" in hopes of getting more local residents out to give the canoes a good send-off.

Some steps have already been accomplished in planning the July 17 Saskatoon Festival, with Donna Chamberland sending along the information that arrangements have already been made for the mouthwatering pies that are an integral part of the festival.

Because their January meeting was cancelled due to thick fog, last week's meeting also served as the Friends' AGM, with treasurer Dennis Jasinsky presenting the audited 2009 financial report and executive positions ratified for the coming year. Jasinsky and secretary Daphne Schnurer will remain in those chairs for the coming year, vice-president Vicki Brooker, who served as acting president last year when no other candidates for the position came forward, moved up to president, and Marjorie Scott consented to fill the then-vacant role of vice-president.

The Friends will meet again on March 18 to continue planning the summer's events.

School board ponders staff cuts in wake of budget

By SHAUNA BURKE
Review Contributor

The provincial budget report was discussed by the St. Paul Education Regional Division school board at its meeting last Wednesday afternoon, with staff cuts possibly becoming necessary for next September.

"It is certainly much better than what was anticipated in the fall," announced Jean Champagne, secretary treasurer for St. Paul Education Regional Division (SPERD).

Increases in the provincial education budget will mainly go to cover pension obligations and growth in student numbers, Champagne explained to the board. He expressed concern that the provincial budget did not offer any increases in grants.

"Grant rates are staying the same so it really is a zero increase from a St. Paul education standpoint," said Champagne. "How that translates out will depend upon our student numbers next year."

If revenues are staying

the same and costs are going up, there will be a shortfall of funds for the school division, which may result in staff cuts next year. The biggest part of the division's budget is wages, and based on the Average Weekly Earnings Index, the expected increase for teachers' salaries for next year will be 2.8 per cent, an increase of about one million dollars for this school division.

Later in the meeting, trustee Ron Rudkowsky indicated that while the board cannot rule out staff cuts, "that will be our last resort."

Board chair Darrell Youngmans said that the Minister of Education has indicated that he would be going back to the treasury board to ask for additional funds to cover school boards' extra costs for this current year.

Central office update

The construction of the new Central Office building at the Regional High School is on schedule and on budget, reported Champagne.

He indicated that trustees may be able to tour the new facility in March.

Class size

The division is meeting almost all of the provincial class size targets, the board heard at its meeting.

"Overall, this division does a very, very good job of putting teachers in front of the classes," reported Glen Brodziak, superintendent of schools. The division is meeting all the targets, with the exception of the Kindergarten to Grade 3 group, which is slightly over the target range of 17 children per teacher.

FSLW program

The Town of Elk Point is the first municipality to commit to supporting the Family School Liaison Worker (FSLW) program, which supplies counselling services to the division schools.

The Town of Elk Point has confirmed its contribution this year will be the same as last year, reported Youngmans. Champagne indicated that other local municipalities also indicat-

ed that they would support the program but one municipality said that the amount of their contribution will be less than previous years due to budget constraints.

The majority of funding for the program comes from the provincial SHIP grant, which may provide less funding this year, said Champagne. "So we might expect our funds to go down."

Youngmans recalled that the FSLW program cost over \$500,000, employing 10 workers.

"All the schools are saying what a valuable services this is and that they don't want to lose it," said Youngmans.

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Proceeds to Elk Point Water Spray Park.

Chamber planning for 2010

By VICKI BROOKER
Review Staff

Plans for this summer's events and projects will be on the table at tomorrow evening's annual meeting of the Elk Point Chamber of Commerce.

The annual meeting is an opportunity to look back at the year just completed and celebrate the progress made, as well as to put the coming year's executive in place

and discuss meeting times and dates.

During the current membership campaign, members have been asked for their input on convenient times for meetings, to determine if a different time frame would bring more members to meetings.

The chamber is eagerly anticipating the completion of the EcoCentre, and plan to hold meetings in the new facility when it is ready for use.



EVERGREEN REGIONAL WASTE MANAGEMENT SERVICES COMMISSION

NOTICE OF BURNING AT TRANSFER STATIONS

BE ADVISED that there will be burning at the following Transfer Stations commencing February 16, 2010 until December 31, 2010 during regular hours of operation.

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Elk Point	SW 36-56-7-W4M	Smoky Lake	SE 36-59-17-W4M
Mallaig	NE 24-60-10-W4M	Spedden	NW 8-60-12-W4M
St. Edouard	NW 27-57-8-W4M	Viña	SE 30-59-13-W4M
St. Lina	SE 29-61-10-W4M	Waskatenau	SE 9-59-19-W4M
Vincent Lake	NW 8-59-9-W4M	Whitney Lake	NE 8-56-4-W4M
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EDITORIAL

'Rainy day' reaction

All of us, if we are wise, put away some money in the good times to be used "for a rainy day." The province has done likewise. They call it a 'sustainability fund,' which would indicate that it is set aside to sustain programs and services when incoming revenues decline.

Individuals have savings to use in case of a health crisis, to help their offspring get an education, and hopefully, to help with expenses in their senior years.

The government is putting the province's savings toward health care, education and seniors - all extremely worthwhile endeavours, and ones that we would probably spend our own savings on.

The big difference here is that when individuals age, they may not have an opportunity to rebuild those savings. The province does, when oil revenues rise again.

Sometimes spending your savings just makes sense.

WAY BACK WHEN...

Relief, rights and restoration

HERE'S THE NEWS THAT MADE THE HEADLINES OF THE LAKELAND REVIEW AND THE ELK POINT REVIEW FOR THE WEEK OF FEB. 16 IN...

1985

New employees joined the town staff, with Marie Buck becoming the new FCSS Director, Carolina Mayner the Jack and Jill Playschool instructor and Linda Piotrowski the FCSS/Rec Department secretary. Town council studied the possibility of receiving funding for sprucing up the downtown area through the Main Street Canada program, which offered communities a grassroots approach to economic revitalization.

1990

Plans were unveiled for a \$1.2 million addition to Elk Point Elementary School, with construction to start in early spring. Town council was back to full strength with the acceptance of nominations filed by Charlie Mahon and Louis Verhagen to fill vacant seats after Alvina Schuhmacher submitted her resignation due to lack of time to do justice to the job.

1995

Elk Point and a large surrounding region heaved a sigh of relief when acute care and 24-hour emergency service were saved from elimination in a second draft of the Lakeland Regional Health Authority's blueprint for health delivery in the Lakeland. Concerns over the proposed water management and conservation act, which would affect all water users in the province, were the focus of a well attended Elk Point Surface Rights Association meeting where EPSRA president Alban Bugej said the draft was "not farmer-friendly."

2000

Long-awaited restoration work was underway on Heinsburg's historic railway water tower, with a \$19,000 grant from the Alberta Historic Resources Foundation making repairs possible on the 72-year-old structure, which was designated as an historic building the previous year. Roy and Margaret Hyatt hit the jackpot, winning more than \$588,000 playing Lotto 649.

2005

Veteran entertainers Victor Kelly and Roy Scott entertained at the From the Heart fundraising jamboree for the Canadian Red Cross Tsunami Relief effort, sponsored by the chamber of commerce. The County of St. Paul and the Town of Elk Point formed a joint committee with a \$20,000 annual budget for recreation, to assist community groups with operating costs beyond the normal grants provided by the municipalities.

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SUMI



QUATCHI



SECURITI

GUEST COLUMN

Winter Olympics are here

Between Mother Nature making the pre-winter Olympic conditions such that snow had to be brought in to make competitive winter sport sites acceptable, and different protest groups criticizing the happening of or the money spent on the Olympics instead of their issues, the 2010 Canada Winter Olympics are now on. And yes, it has become a nice treat for television viewing.

The Winter Olympic Games are a winter multi-sport event held every four years. They feature winter sports held on snow or ice, such as Alpine skiing, cross-country skiing, figure skating, bobsledding and ice hockey. Cross-country skiing, figure skating, ice hockey, Nordic combined, ski jumping, and speed skating have been competed at every Winter Olympics since 1924. Other athletic events have been added as the Games have progressed.

The first Winter Olympics were held in Chamonix, France in 1924. Prior to this figure skating and ice hockey had been events at the Summer Olympics. The Games were held every four years from 1924 until 1940 when they were interrupted by World War II. The Winter and Summer Games resumed in 1948 and were celebrated on the same year until 1992. At that time the Winter Games split from the summer Games, and were begun to be celebrated on alternating even years.

In the first Winter Olympics, athletes from 16 nations competed. The 16 nations in 1924 were Austria, Belgium, Canada, Czechoslovakia, Finland, France, Great Britain, Hungary, Italy, Latvia, Norway, Poland, Switzerland, Sweden, United States and Yugoslavia. Here is a question for you. How many nations are competing in the 2010 Vancouver Olympics and can you name them? (At the last Winter Olympics in Turin, Italy in 2006, 80 nations competed.)

Then of course, we have to talk medals. In 1924, Canada

only won one medal. But - it was a gold medal and it was in Ice Hockey. Because of this medal, Canada ranked eighth. Norway ranked first, Finland ranked second and the United States ranked fifth. France, the host nation, ranked ninth. Here is another question. How many medals will Canada win in these 2010 Vancouver Olympic Games and where will we rank?

In 2003 the IOC awarded the 2010 Winter Olympics to Vancouver, thus allowing Canada to host its second Winter Olympics. With a population of more than 2.5 million people, Vancouver will be the largest metropolitan area to ever host a Winter Olympic Games. The dates are 12 - 28 February, 2010, and these are the XXI Winter Olympics. The XXII 2014 Winter Olympics will be hosted in Sochi, Russia with the dates being 7 - 23 February, 2014.

Now that the 2010 Winter Olympic Games are on, what do you know about Vancouver? Vancouver is named for British Captain George Vancouver, who explored the area in the 1790's. Logging sawmills established in 1867 in the area known as Gastown became the nucleus around which the town site grew and Vancouver was incorporated as a city in 1886. The Port Metro Vancouver is now the busiest and largest in Canada, as well as the fourth largest port (by tonnage) in North America. While forestry remains its largest industry, Vancouver is will known as an urban centre surrounded by nature, making tourism its second largest industry. It is also the third largest film production centre in North America after Los Angeles and New York City, earning it the nickname Hollywood North. Vancouver has ranked highly in worldwide "livable city" ranking for more than a decade according to business magazine assessments. It has hosted many international conferences and events, including the 1976 United Nations Conference on Human Settlements and the 1986 World Exposition on Transportation and Communication. The 2010 Winter Olympics and 2010 Winter Paralympics are being held in Vancouver and nearby Whistler, a resort community 125 km (78 miles) north of the city.

So as they said on February 12th, "Let the Games Begin", let us continue to wish all the athletes the best as we follow the results of these 2010 Vancouver Olympic Games.



deanna EASTHOPE

from the FCSS desk

The Elk Point Review publishes a variety of opinions as a contribution to debate on matters of public concern. Unsigned editorials express the view of this newspaper's editorial board which includes the Publisher and the Editor. Signed pieces express the view of the individual writer.

ELK POINT REVIEW

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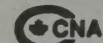
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We acknowledge the financial support of the Government of Canada through the Publications Assistance Program towards our mailing costs.

Canada

County cash for kitchen

(Continued from Page 2)

It sounded like the program producers were asking for a lot of money just to go fishing, costs that the program should cover itself, said Bouchard. Council agreed to deny the town's request.

Seed money for medical centre committee

County of St. Paul council decided to grant \$10,000 in seed money to a committee looking at building a new medical centre for ST. Paul. The committee had decided it needed the start-up money to reimburse part of the consultant on the project's expenses, and to pay the members-at-large who sit on the committee.

Spray park at Westcove

In anticipation of putting in a spray park at Westcove, County of St. Paul council approved its Public Works department to begin clearing trees to put up a parking lot at the site. The parking lot will fit at least 100 cars, and Bouchard noted the park will likely be busy enough to require the space.

Chambers get continued support

While the Town of St. Paul had discontinued funding for the St. Paul and District Chamber of Commerce, the County decided to continue supporting the local chamber with a grant of \$10,000. County council also decided to continue its past support of the Elk Point Chamber of Commerce with \$4,000 and the Mallaig Chamber of Commerce with \$1,500.



Elk Point's Roger Smith (second from right) accepts his trophy at the North American Diesel Performance August Blackout for his second-place run in the Super Street race.

Contributed photo

Diesel wins on the drag strip

By VICKI BROOKER
Review Staff

The term 'drag strip' is more commonly thought of in combination with sleek, fast cars, but Elk Point's Roger Smith is making a name for himself with a much bigger and studier set of wheels, his Ford F-350 diesel pickup.

This modified streak of lighting

with the "Kwiksilver" logo on its front fender made an impressive debut in its very first run down the quarter-mile Castrol Raceway track in Edmonton last summer, stopping the clock in 12.11 seconds with a speed of 111.22 mph and earning Roger five pages of in-depth coverage in the latest issue of the glossy Diesel World magazine.

In the North American Diesel Performance August Blackout at that same location, which attracted 187 trucks from as far away as Texas and Oregon, Roger took second place in the Super Street race with a blistering speed of 112.14 mph, and really putting Elk Point on the map of hometowns of racers to be reckoned with.

BUDGET 2010

Striking the Right Balance

The Government of Alberta has a plan to move Alberta forward: Budget 2010 delivers on this plan. It advances Alberta's competitiveness. It holds the line on taxes. And it positions Alberta to be back in the black in three years. Budget 2010 strikes the right balance between carefully managing our spending and protecting priority programs like health, education and supports for those in need.

Budget 2010 readies Alberta for the future

Budget 2010 supports Alberta's four-point economic plan, The Way Forward, and government's vision of having:

- the strongest financial position of all provinces going into economic recovery;
- the most innovative and competitive economy in Canada;
- the best health care system in the country; and
- the most advanced infrastructure in North America.

Key highlights

- Back in the black in three years
- No new taxes or tax increases
- A new five-year funding commitment between government and Alberta Health Services
- Increased funding for school boards
- Benefits for seniors and the most vulnerable maintained at current levels
- \$20-billion capital plan to build and improve schools, hospitals, roads, affordable housing, water infrastructure, community facilities and parks
- More than \$5 billion for municipal infrastructure over three years

Albertans said government shouldn't touch the Heritage Fund and we're not. The Heritage Fund is a long-term investment for the future. Thanks to good financial planning, including \$17 billion saved in the Sustainability Fund, Alberta has been able to weather the recession without making deep cuts to core programs or jeopardizing the province's fiscal strength. This means Albertans continue to have access to the priority public services they rely on.

The province continues to find efficiencies and savings. In light of Alberta's improved economic outlook, the government is investing the savings found last year into priority areas like health, education and supports for seniors and the vulnerable.

The five-year funding commitment between government and Alberta Health Services provides predictable and reliable funding, enabling health care providers to focus on improving access, wait times and efficiency in the delivery of health care services. Through this agreement, the government will hold the system accountable for improvements.

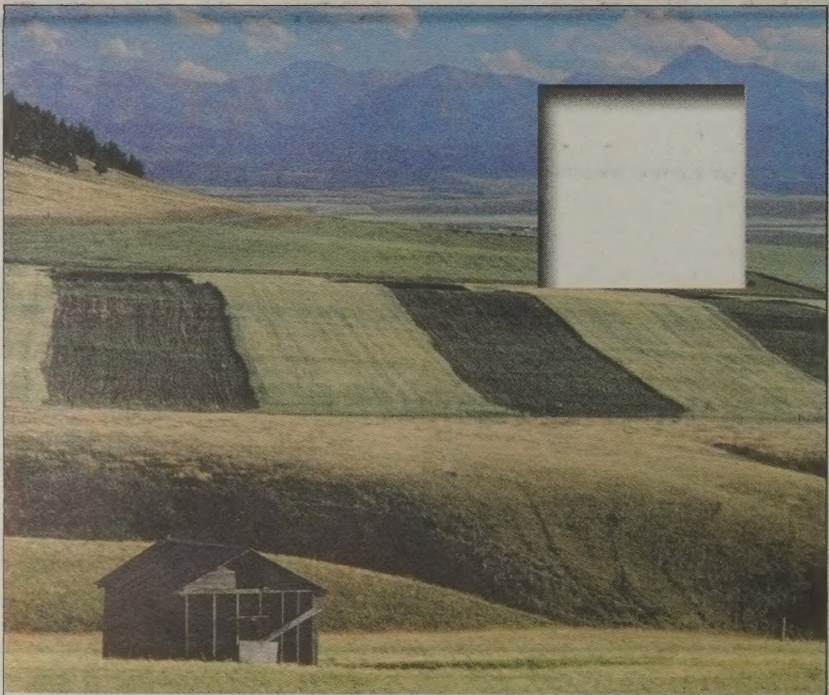
Find out more at alberta.ca or by calling toll-free 310-4455.

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of Alberta ■

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Olympic Games



Heritage Lodge's own version of the Olympic Games got underway Feb. 1 with a parade of athletes and torch bearers, including activity director Heather Paquette (top left).

On Feb. 3, the Lodge staff challenged the Home Care staff to a wheelchair race (one participant shown above), from which the Home Care crew emerged victorious.

Above photos contributed

This past week's events included another wheelchair race, this time for the lodge residents, one of whom is shown taking a tight turn around a pylon at left. Winners will be announced at the medals ceremony on Feb. 26.

Vicki Brooker photo

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Lakeland Agricultural Research Association

Research Update

February 25, 2010

Glendon Senior's Hall

4:00 - 8:00 pm

Supper Included

2009 Research Report Available



To Register
Please Call
LARA:
780.826.7260
by February 23.

AGM to Follow.

Topics:

- 2009 LARA Research Report Updates on LARA's 2009 Research Trials
- Sod Seeding
Ron Heller
- CropChoices - Crop Decision Making Tools
Karla Bergstrom



well underway at Heritage Lodge



Another feature of this week's Games was the Table Curling, (left), a game very similar to shuffleboard, which drew a large audience to cheer on their favourite contestants.

Vicki Brooker photo

...And the games go on ...

Two and a half weeks down and one and a half to go at Heritage Lodge, where a good number of residents as well as some staff are taking part in the lodge's very own Olympic Games.

Over the weekend, the lodge and home care staff were once again in competition, with the exciting and crowd-pleasing "Chicken-in-a-Pot Relay Race."

Tomorrow is the day for Balloon Volleyball, while Thursday's competition is the official Olympic game of Rug Dice.

Coming up next Tuesday is the official Games Bean Bag Toss.

All the points will then be added up in readiness for the awarding of prizes and medals on Friday, Feb. 26 at 10:30 a.m. The community is welcome to attend any of the competitions and the awards ceremony, to cheer on our senior athletes.



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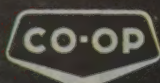
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CO-OP Marketplace

**See in-store at participating stores for full details.

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srp \$34.99 24cm Sautepan with Glass Lid FREE with 80 bonus stickers or purchase for \$21.99 with 40 bonus stickers	srp \$59.99 28cm Non-stick Stirfry Pan with Glass Lid FREE with 90 bonus stickers or purchase for \$24.99 with 45 bonus stickers	srp \$79.99 24cm 5L Dutch Oven with Glass Lid FREE with 90 bonus stickers or purchase for \$24.99 with 45 bonus stickers	srp \$84.99 35cm x 25.7cm Roasting Pan with Rack FREE with 110 bonus stickers or purchase for \$34.99 with 55 bonus stickers



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Iron Horse Ultra 100 will test participants' endurance

BY JANANI WHITFIELD
Review Contributor

St. Paul will once again be host to an ultimate endurance test, with runners hitting swamps, brush, hills and the Iron Horse Trail to complete either a 100 mile or 100 kilometre race.

The Iron Horse Ultra 100 Race is set to take place over the course of April 30, May 1 and May 2, said Anna Leskiw, who, along with her brothers and mother, is organizing the three-day event.

"To watch these people, it's truly amazing," says Leskiw, who was a co-organizer of the same event that took place last year. "I'm more respectful of a runner that can do endurance running than anyone. The endurance is just phenomenal."

After registration and a dinner on the evening of April 30, runners will get started on the race at the crack of dawn, 6 a.m. on May 1. Runners will start at the staging area in the Town of St. Paul, pounding the track of the Iron Horse Trail, before breaking the back of Moose Mountain, heading down to Riverview and then following the North Saskatchewan River back to finish in St. Paul. Runners have 24 or 30 hours to complete the distance, depending on whether they are attempting the 100 kilometre or 100 mile race.

"They're running through the night. It's cold," said Leskiw, adding she stayed up through the night at last year's event to make sure that all the runners finished safely. "Last time, I froze my butt."

But the challenge hasn't dissuaded people from entering. Already, two local teams have entered, and

Leskiw is hoping to repeat the success of last year, when 54 runners put themselves through the endurance test. If people don't want to run the entire distance as an individual, they can still participate in the race by joining as a team. Teams of five can join together to tackle the 100 kilometre race or teams of seven can attempt to complete the 100 mile race.

The cost to register is \$160, which includes the cost of all the food and drinks that will be provided the night before and during the event, a welcome package and medals. Registrants must be 15 years of age or older and must all sign waivers prior to participating. Anyone under the age of 18 who would like to take on the race must have their parents sign a waiver.

Leskiw urged anyone interested in either participating to register online at IronHorseRun.ca. For more information or to register,

they can also drop by and see Leskiw at Club Bingo in St. Paul or call her at 780-645-3464 or 780-645-1410. Volunteers are needed for the event as well, to follow on quads to ensure runners go through the checkpoints, and finish the race safely.

But to be forewarned is to be forearmed, and Leskiw warns it's no easy run. Last year, one person finished most of the distance, but with nine miles left to go in the race, she had nothing left to give and had to be convinced to give up. "A 100 miles, if you're not prepared, it can bite you in the butt."

But the aim is to finish, nothing more and nothing less. While times are taken, it's not a race to see who's first and who's last, says Leskiw. "It's an endurance race. It's to find out if people can do it," she says, as she encouraged prospective racers to put themselves to the test.

Are you teaching your child to be a "good" eater?

BY MICHELLE MAY, M.D.
Review Contributor

As a family physician who also deals with many adults who are overweight, I know that parents sometimes unwittingly set the stage for food and weight problems later in life.

"My child just isn't a good eater!" frustrated parents sometimes say during their son or daughter's well child check-up. This means different things to different parents – perhaps their child is very picky or eats only small amounts at a time. After examining the child and looking at their growth chart to confirm that they are growing well, we discuss feeding children and what being "a good eater" really means. We also talk about healthy eating for children that prevents childhood obesity and eating disorders.

Ironically, though there is more information available about nutrition than ever before, overweight and obesity in adults is epidemic in our society. The number of obese children and teens has doubled in the last 20 years, yet at the same time, we are seeing a frightening number of young women with serious eating disorders. Our society is plagued by convenient food on every corner, technology that has replaced playing outside, busy families rushing in multiple directions and an over-emphasis on our outward physical appearance as a measure of our worth.

Our goal as parents is to raise happy, healthy children, so let's look at how we can help them become "good eaters" – and carry those skills into adulthood too.

Feeding children

Remember, from the moment they are born, our children have the ability to know when they are hungry – and they cry to let us know too! Of course, they also cry to let us know they are wet, hurt, or bored, but we soon learn to tell the difference and try to meet each need appropriately.

When we begin to feed them solid foods, they let us know when they have had enough by turning away from the spoon – or spitting the food back at us! As toddlers, they seem to be in perpetual motion, barely stopping long enough to eat a handful of fish crackers here, and a few slices of banana there.

Why is it that once children are old enough to sit at the table their parents are often overheard bribing and threatening them to finish all their dinner?

When we make our children clean the plate that we filled, we are teaching them to ignore their innate ability to know how much, and what, their bodies need. Instead, we should allow them to use their own hunger cues to determine how much they need, while we provide a balance of nutritious and "fun" foods.

(Continued on Page 11)

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Tax Tip

The Alberta Family Employment Tax Credit is a benefit paid to families with children under the age of 18. The annual credit is paid in two separate installments in January and July. It is not included with the Canada Child Tax Benefit. If taxpayers are enrolled for the child tax benefit, it is not necessary to apply again for the family employment tax credit.

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Seniors celebrate Chinese New Year at Elk Point Municipal Library

Visitors to Elk Point Municipal Library's monthly Seniors Tea got a surprise this past week. Instead of the traditional February Valentine's Day theme, the ladies were greeted by a rather handsome three-dimensional dragon surrounded by Oriental-themed goodies, from green tea to fortune cookies. Tea coordinator Sherry Milholland carries around the coffee pot as seniors Wilma Williams, Florence Bonifacio, Iryne Buck, Norma Berg and Lyn Young wait for the rest of the crowd to arrive for the popular monthly event.

Vicki Brooker photo



Government tackling crime

By BRIAN STORSETH
Member of Parliament

When it comes to tackling crime in Canada, I, along with the Conservative Government have been clear: we stand for the safety and security of law-abiding Canadians.

In the last session of Parliament, our government moved forward on a number of new laws to keep Canadian families safer and more secure.

There are too many laws in Canada which clearly favour criminals over victims and must be changed. Criminals who commit serious crimes should have to do serious time. Following through on our 2008 election promise, we are making changes to the way criminals serve their sentences. Criminals convicted of first and second-degree murder will face a tougher ride when they try to get parole after serving only a portion of their sentence.

In addition, many criminals, including members of the "Toronto 18 Terrorist group" have been getting extra credit for the time they serve behind bars before their sentencing.

In fact, a "Toronto 18" convicted terrorist who supervised paramilitary recruits and plotted to blow up Parliament Hill, kill the Prime Minister and decapitate unbelievers was sentenced last month to just one

day in jail — on top of time already served behind bars.

After entering a guilty plea to knowingly participating in and assisting a terrorist group, the 23 year old man received multiple credit for time already served in jail since the 18 participants were arrested on June 2, 2006. He served three years, seven months and 18 days in pre-trial custody. Because of a practice accepted by courts of giving criminals extra credit for prison time served before a conviction, the Judge in this case determined the convict spent the equivalent of 77 years in jail and tacked just one more day on to his sentence.

This is a tragic example as to why it is so important for our Conservative Government to continue to move forward with a tough on crime agenda. In the new

session of Parliament, our bills to reduce sentencing credits will be re-introduced as our Government continues to stand up for the safety of Canadians.

While our Conservative government is working to deliver safer streets and better justice for law-abiding families and the victims of crime, the Liberals are continuing to play political games with Canadians' safety and hold up the passage of laws that tackle the ongoing problem of criminal gangs and the violence and danger that they cause.

Regardless of Opposition tricks, I will continue to work with the Conservative Government and stand up for law-abiding Canadian families, for safer streets, and for better justice for all Canadians.

Lac La Biche / St. Paul
PC Constituency Association
NOTICE OF ANNUAL GENERAL MEETING
Thursday, February 18, 2010
7:00 p.m. at the
St. Paul Senior Citizens Centre
4809-47 Street, St. Paul

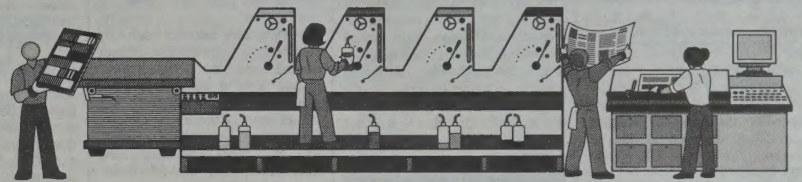
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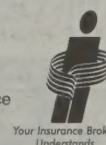
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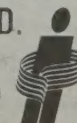
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PUT POWER in your career as a Power Engineer! On campus Boiler Lab. Affordable residences. Write 4th Class and Part A 3rd Class. 1-888-999-7882; www.gprc.ab.ca/fairview.

1005. Help Wanted

1500. Help Wanted - Prov.

WHITECOURT PULP MILL seeking a Journeyman Electrical/Instrumentation Technician with 3-5 years' experience in an industrial maintenance setting. Send resumes to ctemp@millarwestern.com or visit www.millarwestern.com.

YUKON HOSPITAL Corporation is seeking resumes from Registered Nurses in anticipation of short/long term and permanent assignments for our Watson Lake Hospital - Yukon Territory. Visit www.whitehorsehospital.ca for more information.

3010. Auctions

AUCTION: HAVE YOUR auction listed in Hodgins Auctioneers 37th Annual Catalog. Call today 1-800-667-2075 PL915407.

AUCTIONS DONE RIGHT! Whether it's equipment, real estate, livestock or a complete farm dispersal. For a free auction proposal contact Ritchie Bros. Auctioneers today! 1-800-491-4494 or rbauction.com.

MEIER GUN AUCTION, Saturday, March 6, 11 a.m., 6016 - 72A Avenue, Edmonton. Over 250 guns - selling all classes of handguns, rifles and shotguns, ammo and miscellaneous. Call Meier Auction to consign 780-440-1860.

RED DEER COLLECTOR Car Auction & Speed n Custom Show, March 12, 13, 14, 2010, Westerner Park. Featuring George Barris and indoor car show! Exhibitor space available. Consign your car or estate today. 403-396-0304; www.TheElectricGarage.com.

3130. Fitness/Health

WANT TO LOSE Weight and keep it off? Herbal Magic can help. Results guaranteed. Call for a free consultation and information kit. 1-800-926-4363.

3210. Misc. For Sale

\$38.95 HOME phone service - Reconnect your home phone! No one refused - \$38.95 monthly - \$18.95 one time activation - \$18.95 unlimited long distance. Call Choice Tel now! 1-888-333-1405; www.choiceitel.ca.

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1005. Help Wanted

3210. Misc. For Sale

40% OFF remaining inventory. Milled 8' & 10' logs. First ten customers receive an additional 15% off, i.e. 1500 sq. ft regular \$32,634 logs only 8' sale \$16,643 to first ten customers. www.chisumloghomes.com. 306-663-5936.

A FREE Telephone Service - Get your first month free. Bad credit, don't sweat it. No deposits. No credit checks. Call Freedom Phone Lines today. Toll free 1-866-884-7464.

FOR SALE - Electric scooter \$1000. Phone Diane at 780-724-2412.

FUTURE STEEL Buildings. Durable, dependable, pre-engineered. All-Steel Structures. Custom-made to suit your needs and requirements. Factory-Direct affordable prices. Call 1-800-668-5111 ext 170 for free brochure.

Home Phone Reconnect. Call 1-866-287-1348. Prepaid long distance specials! Feature package specials! Referral program! Don't be without a home phone. Call to connect! 1-866-287-1348.

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an idea that SELLS.

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3240. Travel/Trade

FRASER RIVER STURGEON FISHING weekend packages starting at \$469 per person. Fly fishing and salmon fishing also available. www.guidebc.com or call toll free 1-866-771-3474.

1005. Help Wanted

PART-TIME / FULL-TIME

Chambermaids

Required immediately

Starting wage \$12/hr.

Apply to Maria at the

HILLTOP

MOTOR INN

Ph. 780-724-4001

Extension "0"

3315. Building Supplies

HUGE SALE 2400 sq ft machine shed packages starting at \$19,999! See www.IntegrityPostStructures.com or call 1-866-974-7678 for details today.

CLASSIFIED DEADLINE

Thursday 4 pm

4040. Livestock

ANGLE LAKE RED Angus has yearling and two year old bulls for sale. Phone 780-645-8461.

FOR SALE: Sales bulls. Red, black, & tan. Scattered Spruce Sales. Hairy Hill. 780-768-2284 / 780-208-0199

1005. Help Wanted

4040. Livestock

Murphy Livestock Charolais & Angus **BULL SALE**

Sunday, March 28, 2010 1 pm

Western Pride Auction Mart

Bonnyville AB



80 Bulls

Red Angus Black Angus Charolais

Ray Murphy 780-826-5477

70 Two Year Olds

Cell: 780-812-6367

1005. Help Wanted

GARNIES HOLDINGS LTD.

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CLASS 1 DRIVER

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Seibert/Glendon/ Lessard fields to Beartrap Plant.

Applicants need to have H2S, SFA, and a clean Drivers Abstract. Quarterly Bonus, Electronic Pay Deposit.

Please fax resume and drivers abstract to **780.724.2627**.

Only those selected for an interview will be contacted.

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ELK POINT REVIEW Tuesdays - \$8.00 per week + GST

ST. PAUL JOURNAL Tuesdays - \$9.00 per week + GST

BONNYVILLE NOUVELE Tuesdays - \$10.50 per week + GST

LAKELAND REGIONAL Mondays - \$10.00 per week + GST

COMBINATION OF 4 PAPERS - \$25.00 / WEEK

(20 cents per word per newspaper insert over 20 words)

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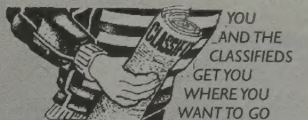
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Elk Point Review - 780-724-4087

4310. Grain/Feed/Hay

HAY SALES and delivery. Competitive and affordable pricing and prompt service. 480-298-1846.

HEATED/GREEN Canola wanted. Buying green, heated or frozen Canola...Buying: oats, barley, wheat & peas for feed...Buying damaged or offgrade grain. "On farm Pickup". Westcan Feed & Grain. 1-877-250-5252.

5100. Houses For Sale

FIND OUT HOW to buy Arizona Real Estate from Canadian Realtor who knows tax & other differences between owning in U S / Canada ; www.marymaxie.com. 602-738-6597.

SELLING BY RITCHIE BROS. Unreserved Auction, March 31 - (1) proposed country residential acreage, 23 parcels of farmland with surface lease revenue and 2,230.58 +/- acres grazing lease in Alberta/Special Areas East (near Oyen, Alberta). 4 bedroom cedar log home, shop, quonsets, barn. Also selling, 2002 Regent Home Systems 20 x 80 feet, 3 bedroom manufactured home. For more info, 780-218-5788 or www.rbauction.com.

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5130. Apartments For Rent

APARTMENTS AVAILABLE IMMEDIATELY for rent in Elk Point. Contact Rob at 780-210-0411

A-D-V-E-R-T-I-S-I-N-G an idea that SELLS.

5800. Manuf. Homes - Sale

20' WIDE GOURMET kitchen. 22' wide front covered porch. 14', 16' & 20' wide lakehouse and multi section modulars. \$5000. in factory direct discounts. All in one place. Best Buy Homes. Red Deer 1-877-396-5564. Airdrie 1-877-275-5555.

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BUY FROM a reputable dealer! 40 years under same ownership! #1 in after sales service from SRI Homes. Weekly Special: 20 X 76 loaded \$103,900! Call 1-800-689-6953 ; www.econocottages.com.

CELEBRATE OUR 21ST Birthday. Every new manufactured home over 1500 square feet comes with \$2100 free furniture from The Brick! Alberta Custom Homes 1-800-347-5590.

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NEED A NEW HOME or cottage for spring. New plans in stock. 22 X 76, 1672 sq. ft. starting at \$117,850. Order now and avoid the disappointment of higher prices and longer waiting time. Visit our show lot at Pleasant Homes or call us at 780-939-3584 or 1-866-962-0238.

TWO 20 WIDE homes on sale. '09 SRI models. The Covington was \$125,900, now \$114,900. The Atlas was \$145,900, now \$137,900. Call Commonwealth Homes 1-800-640-2012 or 403-320-2012. on 43 Street. S., just south off Hwy. 3, Lethbridge.

6100. Cars

\$0 DOWN at Auto Credit Fast. Need a vehicle? Good or bad credit call Stephanie 1-877-792-0599 ; www.autocreditfast.ca. DLN 30309.

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A-D-V-E-R-T-I-S-I-N-G

6300. Motorcycles

THE ONE - THE ONLY - The only one is...in Canada! Only authorized Harley-Davidson Technician Program at GPRC's Fairview College Campus. Fairview, Alberta. On-campus residences. 1-888-999-7882; www.gprc.ab.ca/fairview.

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7245. Misc. Services

\$500. LOAN Service, by phone, no credit refused, quick and easy, payable over 6 or 12 installments. Toll Free 1-877-776-1660 ; www.moneyprovider.com.

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7245. Misc. Services

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NEED MONEY? Own your home? Good or bad credit, we can help. Refinance today and start saving. Apply today at www.abhomeloans.ca or call Jason at 1-877-568-0929.

8005. Services

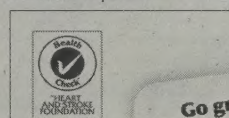
FOR YOUR AVON REQUIREMENTS Melanie McRae 780-724-3892

8150. Cleaning Services

MYRNA'S HOUSEKEEPING & PAINTING SERVICES Phone 780-724-4720 or 780-614-4331

9005. Personals

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Are you teaching your child to be a "good" eater?

(Continued from Page 8)

When we teach them about moderation and set a great example by living an active, healthy lifestyle, they will be less likely to develop weight problems later in life. Think of your slim friend who eats whatever she wants - but will turn down ice cream if she has had enough to eat!

"Eat all your dinner if you want dessert" translates to "you must overeat so I will reward you by letting you overeat some more!" By using sweets as a reward for good behavior or to bribe them into finishing the whole meal, kids begin to believe sweets are really special and they may want them even more. Instead, by making dessert just another (small) part of an enjoyable meal, kids learn to "save room for dessert" instead of becoming a member of the "clean plate club."

Healthy eating for children

Parents' pressure to eat certain foods and certain portion sizes can cause the dinner table to become a battleground. At our house, we have

a "Two Bite Rule" - everyone must try two bites of whatever we are having for dinner. This takes the pressure off of us as parents since it is "The Rule". And surprisingly, by the second bite, our children often discover that most things taste pretty good - even if they are green! We don't make them clean their plate or teach them that foods are "bad" or "good" - but we do teach them that making healthy food choices will help them reach their full potential. That is what a "good eater" does.

In short, it is not our job as parents to know how much food a child should eat at any given time, or to make them eat something because it is "good" for them. Instead, it is our responsibility to teach our children about healthy eating, provide them with a variety of tasty, nutritious choices, set a good example by our own eating habits, and most importantly, make meals a pleasant time to bond as a family. That's the best way to help your child grow up to be a good eater too!

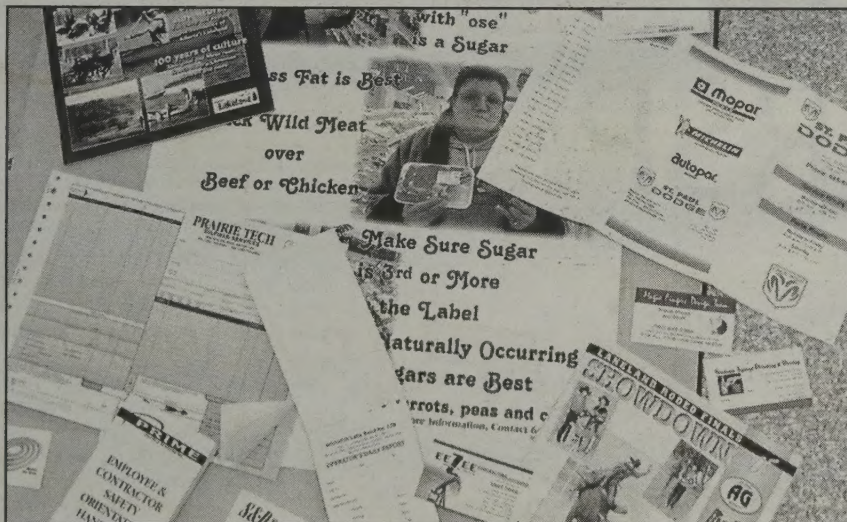
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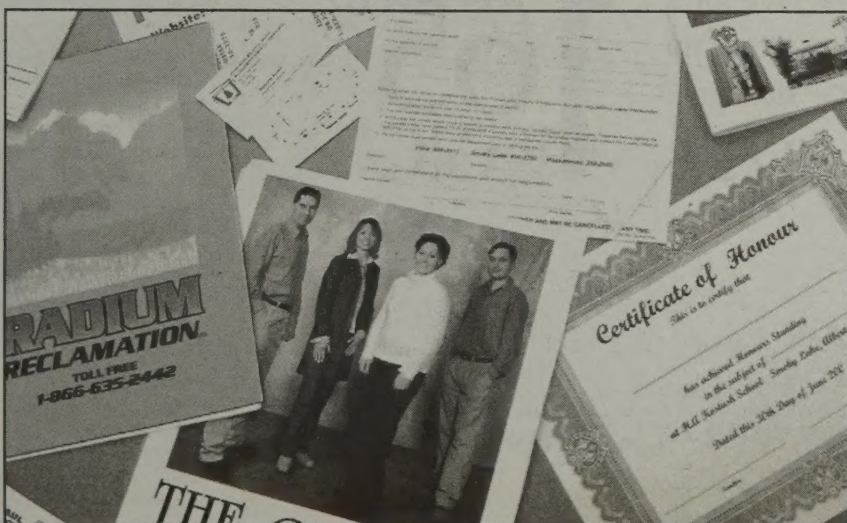
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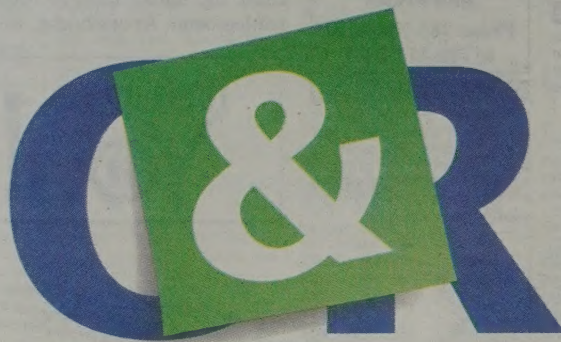
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Gold, silver medals for skater



Janice Huser photo

Elizabeth Orr is among the senior skaters with the St. Paul STARSkate program who have been rather successful this season, competing in Vegreville, Camrose, and winter games runoffs. Elizabeth won two golds at Vegreville, in elements and a team event, and another gold for team event and silvers in skills and senior dance at a competition in Camrose. Her coach this season is Tracey Bexson.

MS Walk goes May 8

BY VICKI BROOKER
Review Staff

Last year's St. Paul Enerflex MS Walk involved approximately participants and volunteers and raised a whopping \$93,000 for Multiple Sclerosis research and to help local sufferers cope with the debilitating disease.

The proceeds from last year's walk were an impressive 50 per cent increase over the previous year, when organizers counted up \$62,000 in donations, well over twice the \$25,000 they had set as their 2008 goal.

Sponsors for this year's event are already climbing on board and the planning committee is eager to start signing up participants for the Saturday, May 8 event. They are encouraging people to sign up as a team of four or more to increase enthusiasm and motivation and to share the fun of the event.

Their mission is "to be a leader in finding a cure for multiple sclerosis and enabling people affected by MS to enhance their quality of life," and one step at a time, we all can help make this achievable dream come closer to becoming a reality.

For more information on how to become part of the 2010 MS Walk, call Sherry Bower-Gagne at (780) 724-3594.